

# SPA & WELLNESS LIELUPE

## DISCOVER AN OASIS OF PEACE AND BEAUTY IN JURMALA

Working out in the gym will give you energy for the entire day, while the swimming pool and the sauna complex will help you to forget about the city rush. The caring hands of SPA therapists will bring you back to life, relieve you from stress and restore your vitality and wellbeing. You will feel the taste of life again and gain harmony for both body and mind.

## SPA TREATMENT SELECTION

### **LAVENDER CARE DEEP RELAXATION SPA TREATMENT** 75 € / 90 min.

A truly relaxing treatment, that owes its success to its gentle warmth and lavender aroma. The gentle touch of linen bags filled with lavender flowers and sea salt crystals help to relieve stress, restore harmony and the balance between body and mind.

**INCLUDES:** body peeling with sea salt crystals, full body massage and massage with warm linen bags.

### **MARINE TOUCH BODY WRAP SPA TREATMENT** 75 € / 90 min.

The detox components obtained from the sea will help body to rid of toxins and achieve inner balance. This SPA treatment provides deep lymph drainage effect, stimulates the breakdown of triglycerides and ensures the speedy removal of the by-products of your metabolism. Smoothens the texture of the skin, reduces the body volume, makes your skin silky smooth and stimulates metabolic processes.

**INCLUDES:** full body dry cleansing with peeling massage with a natural loofah, algae wrap, head massage, cosmetic face massage applying cover cream.

### **SLIM & LIFT HONEY SPA TREATMENT** 75 € / 90 min.

Honey is renowned for its ability to combat cellulite, to deeply penetrate the tissues of the body and to absorb accumulated toxins. A unique and natural ingredient is responsible for deep nourishment and skin cleansing, while special massage techniques sculpt the body and remove toxins. After this SPA treatment, you will feel improved body contours, firmer and more elastic skin, an improved metabolism and a body cleansing.

**INCLUDES:** full body honey massage and head massage.

### **HONEY CRANBERRY ANTIOXIDANT, SPA TREATMENT** 75 € / 90 min.

This toning, anti-aging SPA treatment with the help of fresh cranberries and natural honey slows down the aging process and strengthens the body's natural resistance to aging. Cranberries and honey are rich with vitamins and trace elements as well as natural antioxidants.

This treatment provides deep skin cleansing, moisturising, nourishing, protective, healing and rejuvenating effect.

**INCLUDES:** peeling massage and body wrap with cranberries, natural honey and sea salt, express facial care procedure.

## MASSAGES COLLECTION

Classic massage – an excellent way to strengthen your immune system and health, improve your mental and physical condition, relieve the body from stress and prevent illness. Massages help to relieve muscle tension, quickly renew strength and give you energy to regain vigour.

### **CLASSIC MASSAGE** 55 € / 60 min. 75 € / 90 min.

Helps to relieve stress, alleviate pain in the back and other parts of the body, relaxes and rejuvenates muscles after physical activity and provides a rush of strength and vitality.

### **DEEP TISSUE MASSAGE** 72 € / 60 min. 92 € / 90 min.

Deep tissue massage focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronic aches and pains.

### **BACK MASSAGE** 33 € / 30 min.

Reduces pain in the back muscles, waist, shoulders and neck area. Improves circulation and restores muscle elasticity and tone.

### **NECK AND SHOULDER MASSAGE** 25 € / 20 min.

Preventative treatment, which helps to alleviate fatigue, prolonged stress on the neck and shoulder area and headaches.

### **FACE AND DECOLLETE MASSAGE** 30 € / 30 min.

Face and decollete massage is one of the most effective face treatments that allows you to maintain a good look for a long time. The skin becomes soft and firm, restores a healthy skin color, gives it a shimmer. Facial massage will provide total relaxation, as well as eliminate the stress accumulated on a daily basis.

### **HEAD MASSAGE** 25 € / 20 min.

Miraculous way to relieve pain from headaches and migraines. Recommended in cases of exhaustion, chronic fatigue and insomnia.

### **FOOT MASSAGE** 29 € / 30 min.

Enjoy relaxing foot massage that will protect your legs from swelling and expel any excess liquid from the body. Gives the feeling of lightness in your legs and provides your body with energy.

### **HOT STONE MASSAGE** 59 € / 60 min

Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation and metabolism. Each hot stone massage therapy session promotes deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body. The hot stones have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.

### **MASSAGE WITH AROMA OILS** 52 € / 60 min. 72 € / 90 min.

Thanks to microscopic molecules, aroma oils penetrate the skin more quickly and reach the nerve endings. These oils prevent fatigue, exhaustion and depression, relax the nervous system and increase your capacity to work. Body gets enriched with beneficial ingredients, and the skin condition improves.

**Type of aromatic oil depends on the goals of the massage:**

**Lavender** – to promote mental and emotional inner harmony, balance, clarity and peace.

**Orange** – improves mood, moisturises, tones and strengthens the skin and slows the aging process.

**Peppermint** – rejuvenates vitality and relieves stress and fatigue.

**Sea freshness** – moisturizes, saturates the skin with sea energy.

### **MASSAGE WITH NATURAL INGREDIENTS** 52 € / 60 min. 72 € / 90 min.

**Chocolate** – promotes the release of the endorphins, also known as hormone of happiness, which relieve you from negative emotions, alleviates psychological and physical fatigue and moisturises the skin, making it velvety smooth and increases its elasticity.

**Hone** – contains many vitamins and trace elements that nourishes the skin, provides energy and aid in the expulsion of toxins from the body. Honey has a warming, antiseptic and softening effect.

**Pearls** – truly luxurious body care using natural pearl powder that intensely moisturises the skin, enhancing its elasticity, tone, and giving it the brilliance of pearls.

### **CHILDREN'S AROMA MASSAGE** 25 € / 30 min.

Peach, strawberry, orange or chocolate

## COSMETIC BODY TREATMENTS

Cosmetic body treatments clarify the body, improve metabolism as well as the tone and contours of the body and create a uniform skin texture.

### PEELING

**35 € / 30 min.**

A full body peeling will allow you to experience uncommonly smooth and soft skin. Optional: peach, grapefruit, salt or pearl.

### WRAP

**35 € / 30 min.**

This treatment strengthens and restores tissue tone, while nourishing and saturating these tissues with beneficial ingredients.

**Chocolate** - fights accumulated stress and fatigue, gives the skin smoothness and resilience, improves body shape.

**Seaweed** - effectively fights cellulite, feeds skin with nutrients, rejuvenates, smoothes and makes it more resilient.

## MECHANICAL MASSAGES

Mechanical massages are used to relieve muscular tension, to improve circulation and skin condition. Ideally suited for the lifting of problem areas. An excellent addition to any massage or body care procedure.

### VACUUM MASSAGE

**30 € / 30 min.**

### MECHANICAL LYMPHATIC DRAINAGE MASSAGE

**25 € / 30 min.**

## FACIAL SKIN CARE BY ERICSON LABORATOIRE

Each procedure includes facial cleansing and moisturizing, peeling, mask application, facial massage and final face cream application.

### VITAMIN ENERGY TONING TREATMENT

**70 € / 75 min.**

The treatment instantly acts in a variety of ways creating endless reserves of skin by energising cells and providing the maximum absorption of multivitamins and high-quality vitamin C to the skin, as well as helps to maintain health and youthful vigour.

### ENERGY LIFT ANTI-AGE TREATMENT

**70 € / 75 min.**

Face sculpting without any surgical intervention. Lipofilling the upper face part and the reduction of double chins. During the treatment, wrinkles are filled and the facial structure is smoothed, while excess fat tissues are eliminated. A noticeable difference is guaranteed after the first treatment.

### HYDRA CLINIC MOISTURISING TREATMENT

**70 € / 75 min.**

The treatment maintains the balance of moisture in the facial skin by restoring all of its base mechanisms. Perfectly suited for any type of dehydrated skin. Innovative cosmetics instantly rejuvenate the skin and provide a feeling of comfort and softness, while restoring the radiance and vitality of the skin.

### BIOPURE CLINIC OXYGEN THERAPY

**70 € / 75 min.**

The treatment nourishes the skin with oxygen, protects it from the pollution of the surrounding environment and relieves the skin from toxins, while providing skin cells with a healthy dose of youthful vitality. The result is reduced wrinkles, smoother and more radiant skin.

### ENZYMATIC CLEANSING ACID THERAPY

**70 € / 75 min.**

Universal procedure to restore the skin that is a suitable solution for a variety of aesthetic problems for every skin type, any age and any gender. This multifunctional peeling stimulates the regeneration of skin.

### ULTRASOUND FACIAL CLEANSING

**50 € / 60 min.**

A deep facial cleansing with the aid of an ultrasound. During the procedure, the upper keratinous layer of the skin is removed improving the skin's colour, tone, cell microcirculation and its ability to absorb active ingredients. The pores are cleaned, their diameter reduced and any excess oily secretions are removed.

### EXPRESS SKIN CARE

**40 € / 40 min.**

VITAMIN ENERGY  
BIOPURE

## WAXING SERVICES

### FOR WOMEN

FACIAL AREA	5 €
UNDERARMS	15 €
FOREARMS	15 €
ENTIRE LENGTH OF THE ARMS	19 €
LEGS BELOW THE KNEES	19 €
ENTIRE LENGTH OF THE LEGS	28 €
CLASSIC BIKINI	25 €
BRAZILIAN BIKINI	35 €

### FOR MEN

UNDERARMS	15 €
STOMACH	18 €
CHEST	18 €
BACK	28 €

## EYEBROW AND EYELASH CARE

EYEBROW CORRECTION	10 €
EYEBROW COLOURING	10 €
EYELASH COLOURING	8 €
EYEBROW CORRECTION AND COLOURING	15 €
EYELASH AND EYEBROW COLOURING	15 €

## SALT ROOM VISIT

### SINGLE VISIT

ADULTS	8 € / 45 min.
CHILDREN*	6 € / 35 min.

### MONTHLY MEMBERSHIP (10 visits)

ADULTS	64 €
CHILDREN*	48 €
FAMILY: 1 adult, 1 kid*	100 €

\* Individuals 12 years old and under are considered as Kids. Kids 3 years old and under are free.